



# **Chemical Dependency Resource Team**

## **GUIDE TO COMMUNITY RESOURCES FOR CHEMICAL DEPENDENCY TREATMENT**

The C.D.R.T. does not guarantee the  
services listed and provides this guide  
as information only.

Please phone the Chemical Dependency Resource Team Secretary @  
**875-4788**

if the number you reached is no longer in service or incorrect.

Thank you.

**January 2000**  
(resource guide)

## BRIEF DESCRIPTION OF TREATMENT OPTIONS

### Detoxification Centres

For many people, a brief stay in a detoxification centre is the first step in the treatment process. Detoxification centres offer a safe, supportive, live-in environment for withdrawal from the intoxicating effects of alcohol or other drugs. Referrals to detoxification centres are made by outpatient counsellors, friends or families, clergy, social workers, and health care professionals. You can also refer yourself.

Once you have been admitted, you will be cared for by a team of professional staff. A doctor is available daily and emergency care that may be necessary is provided by hospitals in the area. The need for continued care in the detoxification unit is assessed daily. The length of stay varies greatly depending on your needs. Discussion groups and other programs including orientation to available treatment services and information on chemical dependency are provided to help you prepare for the follow-up you will need after discharge.

To avoid disappointment or delay, please be sure to call first to make sure a bed is available. Sometimes it is necessary to wait for a bed. Your continued interest will assist entry.

### Outpatient Counselling Services

If you have concerns about your use of alcohol or drugs, you can ask an outpatient counselling centre for information and advice. Most clinics offer an education program to give people more information about the use and misuse of alcohol and drugs. Following the educational program you may decide to make an appointment for a detailed look at your own situation. When you come into the centre, professionally trained staff will provide a complete assessment, discussing particular concerns with you and any family members who wish to attend.

Following assessment, you and your counsellor might decide that you could benefit from some additional support through one of the many special programs which might include: individual therapy, couple and family counselling, group counselling, assertiveness training, special programs for youth, activity groups, and a variety of other services.

Depending upon your needs, you could be involved in outpatient treatment for one to three months, although more time can be arranged as needed. Sometimes assessment will point out a need for residential treatment. Staff work closely with other agencies and will refer you if necessary.

There is no charge for outpatient counselling.

### Support Recovery Homes

Often the use of Alcohol and Drugs can erode many aspects of life that were previously taken for granted. If you suffer from poor physical health, have lost the support of your family, or the security of a job, you may need to spend time in a supportive

recovery home. These homes provide a longer program which offers you the chance to regain your health while benefiting from the support and assistance of other people with similar problems.

During your stay, you will learn how to deal with the stresses of life without relying on alcohol or other drugs. As you become healthier and start rebuilding your life, you will be encouraged to learn new skills and interests, explore job opportunities and become involved with others in the community.

Support Recovery Homes serve as good places to make informed decisions about further recovery. Staff can arrange for referrals to more intense residential treatment centres.

### Residential Treatment Centres

Individuals who still have some stability in their lives, attachment to employers, family or friends, might benefit from a stay in a residential treatment centre. These facilities offer a short, intensive program, usually four to six weeks long. You will learn about alcohol and other drugs, how they affect you, and other ways of dealing with the stresses of life.

The staff will offer individual counselling as well as group therapy sessions and a variety of other programs designed to meet your needs. Since your family may also have been affected by your drug abuse over the years, they will be encouraged to participate in the treatment program.

### Day Programs

In some areas day programs are available to persons with chemical dependency as well as those who have grown up with problems related to alcohol and drugs. The programs provide group therapy and lifeskill training in a group format. Specialized groups dealing with women's issues are also available. Access to day programs is by referral through outpatient clinics, physician, counsellors and mental health teams.

### Funding

Support recovery homes generally cost the client \$17.50 per day. Residential treatment centres generally cost \$975 per month. If you cannot afford this charge, you might be eligible for assistance through your company's Employee Assistance Program or subsidies through one of the ADS outpatient clinics. The Ministry of Human Resources funds those eligible for income assistance. An outpatient counsellor can help you find out more about funding.

## Outpatient Services

**Aboriginal Family Services** 594 East 15<sup>th</sup> Ave.,  
660-0515 Vancouver

### **Action: Alcohol & Drug Counselling Service**

Problem Gambling Counselling  
Sunshine Coast Needle Exchange  
885-5680 **Box 2647, 5686 Dolphin St  
Sechelt V0N 3A0**

**Alternatives** #117-3721 Delbrook Avenue  
984-0255 North Vancouver V7N 3Z4

**B.C. Construction Rehab. Plan** 17101-317 Columbia Street  
521-8611 New Westminster, V3L 3V6

### **Burnaby Clinics:**

**Burnaby Addiction Services** #285-9600 Cameron St.  
421-2228 Burnaby, V3J 7N3

**Burnaby North Team**  
660-0602 #102-4430 Halifax, Burnaby, V5C 5R4

**Burnaby South East Team**  
660-9494 #101-7645 Kingsway, Burnaby, V3N 3C7

**Coquitlam Clinic** 1112 Austin Avenue  
931-3110 Coquitlam, V3K 3P5

**Day Treatment Program** Family Services  
**D.E.W.** 202-1193 Kingsway  
875-9575 Vancouver, V5V 3C9

**Delta (North) A & D Program** #205-11861 - 88th Ave.  
591-1185 Delta V4C 3C6

**Delta (South) A & D Program** 5694-12<sup>th</sup> Ave.  
943-8610 Delta V4L 1C4

**DEYAS Needle Exchange** 221 Main St.,  
685-6561 Vancouver V6A 2S7

**DEYAS Alcohol & Drug Program** 223 Main St.,  
685-7300 Vancouver, V6A 2S7

**Dual Diagnosis** 520 Powell St.,  
255-9843 Vancouver, V6A 1G9

**Hey-Way'-Noqu' (Healing Circle)** #206-33 East Broadway  
874-1831 Vancouver V5T 1V4

**Indian Homemakers' Association of BC** 251 E 11<sup>th</sup> Ave.  
876-0944 Vancouver V5T 2C4

**Native Courtworker & Counsellor Association**  
687-0281 50 Powell Street  
Vancouver V6A 1E9

**Vancouver Native Health**  
255-9766

449 E. Hastings St  
Vancouver V6A 1P5

**Pre-Recovery Empowerment Program** 524 Powell St.  
(604)254-9060 Vancouver V6A 1G9

**Perspective Substance Abuse Services** 314 - 6th Street  
522-3722 New Westminster V3L 3A6

**R.A.D.A.T. (Richmond)** 170-5720 Minoru Blvd  
270-9220 Richmond V6X 2A9

**Sea to Sky Community Services Society**  
(604)892-2267 38142 2<sup>nd</sup> Ave.  
Squamish V0N 3G0

(604)894-6101 #2-7433 Prospect St.  
Pemberton, V0N 2L0

(604)932-3312 Ste.23 - 1212 Alpha Lake Rd.  
Whistler, V0N 1B1

**Sea View A & D Clinic** #203-1760 Marine Drive  
926-9260 West Vancouver V7V 1J4

**Seniors Well Aware Program** 3rd Floor-411 Dunsmuir  
687-7927 Vancouver V6B 1X4

524-8994 Burnaby  
524-8998 New Westminster

**Sheway** 455 East Hastings  
254-9951 Vancouver V6A 1P5

**Squamish A & D Services** 38142 2<sup>nd</sup> Ave.  
(604)892-5791 Squamish V0N 3G0

### **Ministry of Children & Families Addiction Services Vancouver**

660-3082 City Centre Team (Net 1) 1505 Robson Street

660-0515 Downtown East (Net 2) 594 East 15<sup>th</sup> Avenue

775-1822 North East Team (Net 3) 5050 Joyce Street

664-0174 Westside Team (Net 4) 3<sup>rd</sup> floor, 2110 W43rd.

660-6868 Midtown Team and South Vancouver (Net 5 & 6)

#105-5550 Fraser Street

659-1144 Downtown South 1065 Seymour Street

775-0049 North East Team (Net 3) 3455 Victoria Drive

**Watari** 301-877 East Hastings Street  
254-6995 Vancouver V6A 3T1

**Wellness Centre (Seniors)** 112-1657 Martin Drive  
535 - 4526 White Rock V4A 6E7

## Youth Programs

**Burnaby MCF Integrated Youth Services Centre**  
660-6536 #100-6446 Nelson, Burnaby, V5H 3J5

**D.E.Y.A.S. (Youth Detox)** 430 East Hastings St.  
251-7615 Vancouver V6A1P7



**Last Door Youth Program(M)** 109 Ash St.  
520-3587 New Westminster, V3M 3M2

**Nexus (24 years & under)** 575 Drake Street  
660-5216 Vancouver V6B 4K8

**Odyssey 1** 518 Howard Street  
299-6377 Burnaby V5B 3R1

**Odyssey 2** 2875 St. George St.  
879-8853 Vancouver V5T 3R8

**Pacific Legal Education Society** 3894 Commercial St.  
871-0450 Vancouver, V5N 4G2

**Plea (Support Recovery) (Youth)**  
(604)891-1082 Vancouver

**Peak House (Youth)** 2427 Turner Street  
253-3381 Fax 253-3581 Vancouver, V5K 2E7

**Watari Youth Day Program (M/W) (ages 13-24)**  
438-3722 Vancouver

**Youth Detox (Downtown East)** 432 East Hastings Street  
251-7615 Vancouver V6A 1P7

**Youth Detox (Downtown South)** no drop ins  
299-1131

### Home Detox Programs

**Seniors Well Aware Program - Vancouver Home Detox**  
Adults 55 or older 2<sup>nd</sup> floor, 411 Dunsmuir  
687-7927 Vancouver

**Seniors Well Aware Program - Burnaby Home Detox**  
Adults 55 or older Y410-7550 Rosewood St.  
524-8994 Burnaby

**North Shore Community Withdrawal Management**  
Adults 19 or older  
984-3737

**Richmond Alcohol and Drug Action Team**  
Adults 19 or older 170-5720 Minoru Blvd  
270-9220 Richmond

**Sunshine Coast Home Support Services**  
Adults 19 or older Box 2420  
885-5144 Sechelt

**Sea-to-Sky In-Home Detox Program**  
Adults 19 or older 88075 Second Ave.  
892-9215/1-800-785-7370 Squamish

### Detoxification Centres

**Vancouver Detox Centre** 377 East 2nd Avenue  
660-6656 Vancouver V5T 1B9

**Cordova Detox (Harbourlight)** 119 East Cordova  
682-3674 Vancouver V6A 1K8

**Maple Cottage Detox Centre** 9 East Columbia  
660-9787 New Westminster V3L 3V5

### The Fraser Valley

**Adept Services** 882 Maple Street  
538-2522 White Rock, V4B 4M2

**Astra (Family/Children)** 202-9180 King George Hwy.  
951-4867 Surrey, V3V 5W1

**Chilliwack Alcohol and Drug Services** #103-46165 Yale Rd. East  
(604)793 - 4450 Chilliwack, V2P 2P2

**Hope Alcohol & Drug Program** 432 Wallace Street  
(604) 869-2466 Hope, V0X 1L0

**Fraser House Outpatient Clinic** 33063 - 4th Avenue  
826-6810 Mission, V2V 1S6

**Langley A & D Services** 5339 - 207th Street  
534-7921 Langley, V3A 2E6

**Maple Ridge Alcohol & Drug Outpatient Clinic**  
467-5179 22477 Lougheed Hwy  
Maple Ridge, V2X 2T8

**Street Health Outreach Program (24 hrs)**  
**Needle Exchange** 10667 - 135 A Street  
583-5999 Surrey, V3T 4E3

(clinic 583-5666)

**Substance Abuse Services** 2420 Montrose Street  
(604) 850-5106 Abbotsford, V2S 3S9

**Surrey Alcohol & Drug Outpatient Clinic** 204-13630 72<sup>nd</sup> Ave.  
(604)501-8244 Surrey, V3W 2P3

**Surrey Delta Immigration Services** 13719-72 Avenue  
597-0205 Surrey, V3W 2P2

## Support Recovery Homes

<b>Central City Lodge(Men)</b> 681 - 9111	415 West Pender Vancouver, V6B 1V2	<b>Phoenix House(Men)</b> 583-7166	10379-133A Street Surrey, V3T 4A1
<b>Charlford House (Women)</b> 420 - 4626	6845 Kitchener Street Burnaby, V5B 2J8	<b>Quality Recovery Society (Men)</b> 572 - 9494	14357-70A Avenue Surrey, V3W 0X5
<b>Choices Recovery House(Men)</b> 325 - 6994	1702 East 33rd Avenue Vancouver, V5N 3E2	<b>Renaissance House (Methadone)</b> 930-5898(women) 580-5866 (men)	Surrey
<b>Comox Valley Recovery Centre(Men)</b> (250) 338 - 7144	641 Menzies Ave. Courtenay, V9N 3C3	<b>Resurrection House(Men)</b> 464-0475	1559 Grant Ave. Port Coquitlam, V3B 1P1
<b>Cornerstone Manor (Men)</b> 589 - 6060	10068 & 10078 - 133 Street Surrey, V3T 3Y5	<b>Rising Sun House(Men)</b> (604) 951-7906	9490 - 152 <sup>nd</sup> . Street Surrey, V3R 4G3
<b>Cwengitel Society (Men)</b> 588 - 5561	14128 Park Drive Surrey	<b>Safe Haven Homes Inc. (Men)</b> (formerly New Step Recovery House) 572-6688	13574-79A Ave. Surrey, V3W 6S5
<b>Glory House (Women)</b> 464 - 0472	1522 Pitt River Road Port Coquitlam, V3C 1P2	<b>Step By Step (Women)</b> 591-3153, Pager: 667-2393	Surrey
<b>Innervisions Recovery House (Men)</b> 939-1420 Intake number as well as drug and alcohol information. www.pbsco.com/innervisions	837 Miller Avenue Coquitlam, V3J 4K7	<b>Surfside Recovery House (Men)</b> (250) 758 - 5611/758 - 2253	2368 Rosstown Road Nanaimo, V9T 3R7
<b>Integrity House</b> 596-7776 (intake for both houses) (Men)	13477 - 60th Ave. Surrey	<b>Surrey Recovery House (Men)(Methadone)</b> 572-8672	Surrey
(Women)	14451 - 81 A. Ave., Surrey	<b>Together We Can (Men)</b> 451-9854	5255 Fairmont St. Vancouver, V5R 3V4
<b>Lana House (M/W)</b> 290-6663	407 Kelly Street New Westminister, V3L 3T7	<b>Turning Point (M/W)</b> 875 - 1710	455 West 13th Avenue Vancouver, V5Y 1W4
<b>Last Door (Men)</b> 525 - 9771	323 - 8th Street New Westminister, V3M 3R3	<b>Turning Point (Men)</b> 303 - 6717	10411 Odlin Rd. Richmond, V7C 2W1
<b>Liz's House (women/methadone)</b> (604) 583-2502	Surrey, V5X 2X9	<b>Union Gospel Mission (Men)</b> 251-1424	616 East Cordova Street Vancouver, V6B 3V8
<b>Lydia Home (Women)</b> (604) 826-4868	(Union Gospel Mission) Mission, B.C.	<b>Unity House (M/W)(Methadone)</b> 588-3595	13847-108 Ave. Surrey, V3T 2K9
<b>Mission Harmony House Society(Women)</b> (604) 826-9210	12398 Johnson St., Mission, V2V 5X4	<b>Wagner Hills Farm (Men 19 and older)</b> 856-9432	8061-264 Street, RR.6 Langley, V3A 4P9
<b>New Dawn (Women)</b> 325 - 0576	720 E. King Edward Vancouver, V5V 2E2	<b>We Can (Men)</b> 325-0512	7410 Elliot St., Vancouver
<b>New Hope Recovery Centre(Men)</b> 709-8069	4711 Gothard St., Vancouver, V5T 2L7	<b>Westminster House (Women)</b> 524 - 5633	228 - 7th Street New Westminister, V3M 3K5

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### Support Recovery Homes B.C. Interior

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**Belaire Women's Society**  
(250) 860-7156  
202-1610 Bertram St.,  
Kelowna, V2P 2G4

**Harmony House (Women)**  
(250) 763-6544

2360 Ethel St.,  
Kelowna, V1Y 8T3

**Peardonville House (Women)**  
856 - 3966

29491 Huntington Road, R.R.1,  
Abbotsford V2S 1M3

**Kiwanis House Rehabilitation Centre (Men)** 101 Columbia St.  
(250) 374-6551 Kamloops, V2C 2S7

**Victoria Life Enrichment  
Society(M/W) (250) 381 - 4343**

211 - 101 Island Highway,  
Victoria V9B 1E8

**McKenzie House (M/W)**  
(250)765-5229

610 McKenzie Rd.,  
Kelowna, V1X 2B1

**Madsen House (M/W)**  
(250)765-9179

435 Madsen Rd.,  
Kelowna, V1X 2C3

**New Attitudes (Men)**  
(250) 717-0980

1471 Sutherland Ave.,  
Kelowna, V1Y 5Y4

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### Residential Treatment Facilities

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**Aurora Centre (Women)**  
875-2032

4500 Oak Street  
Vancouver, V6H 3N1

**Crossroads Treatment Centre (M/W)**  
860 - 4001

123 Franklyn Road  
Kelowna, V1X 6A9

**Edgewood (M/W)**  
751-0111

2121 Boxwood Road  
Nanaimo, V9S 4L2

**Harbour Light Recovery Centre (Men)** 119 E. Cordova Street  
682-5208 Vancouver, V6A 1K8

**Harbour Light Centre**  
(250) 563-6819

835-3rd Avenue  
Prince George, V2L 3C7

**Homestead (Women)**  
266 - 9696

975 West 57th Avenue  
Vancouver V6P 3Z9

**Kinghaven Treatment Centre**  
(604) 864 - 0039

31250 King Road, R.R. 1  
Abbotsford V2S 1M3

**Maple Ridge Treatment Centre**  
467 - 3471

22269 Calligan Avenue  
Maple Ridge V2X 2E2

**Miracle Valley Treatment Centre**  
(604) 826 - 6681

14100 Stave Lake Road  
Mission V2V 4J5

**Nechako Centre**  
(250) 565 - 2387

2000 - 15th Avenue  
Prince George V2M 1S2

**Pacifica (M/W)**  
872 - 5517

1755 East 11th Avenue  
Vancouver V5N 1Y9

**Path to Freedom(Men)**  
(Punjabi, Hindi, English)  
(604) 576-6466

19030 - 56 Ave.,  
No. 10 Hwy, Cloverdale,

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### Native Residential Treatment Facilities

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**Kakawis Family Development Centre** Box 17, Meares Island  
(250) 725 - 3951 Tofino V0R 2Z0

**Ktunaxa/Kinbasket Wellness Centre** RR 1, Site 7 Box 17  
(250) 428-5516 Creston V0B 1G0

**Nenqayni Treatment Centre Society** Box 2528  
(250) 989-0301 Williams Lake, V2G 4P2

**Nimpkish Treatment Centre** P.O. Box 290  
(250) 974-5522 Alert Bay V0N 1A0

**Round Lake Centre** R.R. 3, Comp 10  
(250) 546 - 3077 Grandview Flats, North Armstrong V0E 1B0

**Tsow-Tun- Le Lum Society** P.O. Box 370  
(250) 390 - 3123 Lantzville V0R 2H0

**Wilp Si'satxw Community Healing Centre** Box 429,  
(250) 849 - 5211 Kitwanga, B.C. V0J 2A0

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### Self-Help/Mutual Support Groups

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**AA** 434 - 3933

**ACOA** 222 - 1605

**Alano Club, North Shore** 987 - 4141

**Alano Club, Vancouver** 736 - 5110

**Alanon, Vancouver** 688 - 1716

**Alateen, Vancouver** 688 - 1716

**Avalon Recovery Centre (Women)** Vancouver: 263 - 7177  
North Shore: 913 - 0477

**Cocaine Anonymous** 662 - 8500

**Co-Dependency Anonymous** 515 - 5585

**DAMS (Women)** 687 - 5454

**Easy Does It Club** 597 - 9912  
**Emotions Anonymous** 681 - 5653  
**Gamblers Anonymous** 685 - 5510  
**Narcotics Anonymous** 873 - 1018  
**Naranon** 878 - 8844  
**Nicotine Anonymous** 889 - 5335  
**Overeaters Anonymous** 878 - 4575  
**Rational Recovery** 324 - 9629  
**Sexaholics Anonymous** 875 - 6381  
**Smokers Anonymous** 889 - 5335  
**Survivors of Incest Anonymous** 263 - 7177  
**Vancouver Recovery Club** 708 - 9955

**Odin Books**  
 739-8804

1110 West Broadway  
 Vancouver, V6H 1G5

**Serenity Shop**  
 987-8726

129 W. 3<sup>rd</sup> Ave.,  
 North Vancouver V7M 2E4

**Alcohol & Drug Information**

**Referral Service:**

**Lower Mainland**

660 - 9382

**Outside Lower Mainland**

1 - 800 - 663 - 1441

**Prevention Source B.C.**

**Vancouver**

(604) 874 - 8452

**Internet**

www.preventionsource.bc.ca

**Smoking Cessation Methods and Programs**

**Methadone Maintenance Programs**

**Commercial Health Clinic** 2703 Commercial Dr.  
 874 - 3445 Vancouver, V5N 4C5

**Gardell & Associates** 3617 Kingsway  
 436-1636 Vancouver, V5R 5M1  
 (250) 753-5455 #4 - 10 Commercial St.,  
 Nanaimo, V9R 5G2

**Health Quest** #714-750 W. Broadway  
 877-8580 Vancouver, V5Z 1H6  
 877-8580 Richmond  
 599-4321 Surrey

**Lower Mainland Drug Freedom** 319 Columbia Street  
 520-1068 New Westminister, V3M 1A9

**Jackson-Murray Consultants**  
**Polaris Methadone Program** #305-46165 Yale Rd.,  
 702-1110 Chilliwack, V2P 2P2

**Royal Oak Clinic** 2127A Kingsway  
 438-6184 Vancouver, V5N 2T4

**Self-Help Literature**

**Hooked on Books** 38 - 22374 Lougheed Highway  
 463 - 8380 Maple Ridge V2X 2TS

**Programs**

**Fresh Start**

Group Support Program of 8 sessions over 4 weeks through  
 the **Canadian Cancer Society** 565 West 10<sup>th</sup> Ave.  
 (604) 253-8470 ext. 238 Elizabeth G. Vancouver, V5Z 4J4  
 872 - 4400 or  
 1 (888) 939-3333 Toll Free Cancer Information Line

**Breath-Free to Stop Smoking**

8 sessions emphasizing positive lifestyle modification  
 through the **Seventh Day Adventist Church**  
 (604) 853-5451 ext. 417 Ruth L.

**Disclaimer**

The Chemical Dependency Resource Team at Vancouver Hospital and Health Sciences Centre acknowledges that this list of resources is not fully comprehensive. It represents those services that may be some use to patients and serves as a resource to health care providers.

The C.D.R.T. does not guarantee the services listed and provides this guide as information only.

**Please contact the Chemical Dependency Resource Team Secretary at 875-4788, if the number you reached is no longer in service, or incorrect. Thank you.**

# The Chemical Dependency Resource Team

is funded by the Ministry  
of Labour and Consumer Services,  
Alcohol and Drug Programs. It is  
administered under the jurisdiction  
of the Vancouver General Hospital.

*chemical  
dependency*  
**RESOURCE  
PROGRAM**



**Vancouver General Hospital**  
British Columbia's Health Sciences Centre  
855 West 12th Ave. Vancouver, B.C. V5Z 1M9





■ **WHAT IS CHEMICAL DEPENDENCY?**

Dependency is said to exist when the use of chemical substances such as alcohol, marijuana, prescribed and non-prescribed drugs causes problems in one or more of the following areas of your life: health, family, employment, legal.

■ **WHO IS THE SERVICE FOR?**

- Patients admitted to VGH identified as having chemical dependency related problems.
- Family members or co-dependents of those patients.

■ **HOW TO CONTACT SERVICE?**

Referral is required through the Physician and Members of the Healthcare Team: Physicians, Nurses, Social Workers, Physiotherapists, Occupational Therapists and Dieticians. The Chemical Dependency Resource Team will then be contacted by a member of the Healthcare Team for possible follow-up (875-4788).

■ **WHO WILL RESPOND?**

The Chemical Dependency Resource Team is an inter-disciplinary team consisting of a Social Worker, Clinical Nurse Specialist and Physician.

## SERVICES AVAILABLE

■ **CONSULTATION**

Consultation services (informal or formal) available at the request of the Attending Physician and other members of the Healthcare Team.

■ **ASSESSMENT**

All patients and/or significant others are interviewed and assessed by a member of the Chemical Dependency Resource Team.

■ **COUNSELLING**

Patients and their significant others are counselled according to their specific needs during hospitalization.

**COMMUNITY LIAISON**

Referral is made to appropriate treatment agencies and self-help groups in and out of the Vancouver area.

**EDUCATION**

Educational sessions for all members of the Healthcare Team, Patients and their significant others, and community groups are offered.

## **DEFENCES THAT DISABLE**

If you have been given this pamphlet it is probable that the health care professional who gave it to you is inviting you to learn more about the disease of chemical dependency. Chemical dependency exists when the use of chemical substances (such as alcohol, cocaine, marijuana, heroin and prescription drugs etc.) causes problems in one or more of the following areas of your life, health, family, employment or legal. The key to knowing whether chemical dependency exists is no mystery. A dependency exists when harm is evident in the presence of continued use of the drug. Repeated use in the face of negative consequences is the major indicator.

The process of recognizing that a drug or alcohol problem exists can be a confusing one. Many people have learnt to adjust to the harmful presence of a substance use in their lives by talking themselves into believing that the problem does not exist, or at best is of minor significance. This is commonly called "denial", and is present in most stages of a chemical dependency. "Denial" is only a means to protect oneself from harsh realities. Rationalization or self-protection are other ways to describe the same thing. The following are some common strategies that people with chemical dependency use unknowingly to defend themselves. Unfortunately, these defences stop the person from recognizing that a problem exists, leaving them to proceed to more disabling problems, and continued deterioration.

1. **Complete Self Protection ( Denial)**

"Absolutely not". In effect the person denies that any form of problem exists, and practices unregulated using. No attempt at control is made. Control may be considered after some form of disruption, but controls are often subtle, only changing the pace of consumption and not the overall amount. In effect no real change is intended or accomplished.

2. **Minimizing**

"Yes, I use but I'm not that bad". The person has some vague awareness that something is wrong, but resents being asked about alcohol or drug intake. The quantity of intake may be modified, but not permanently. Restriction on time of day, and on certain days of the week etc., may be employed, but if change happens it is only slight.

3. **Rationalizing**

"Yes, I use, "because marijuana is okay" or "I only use beer" or "I never use needles". The person is, in general, slightly uncomfortable - however wishes to continue. Attempts to control the type of drugs used are common. The user may

switch from hard liquor to beer or from IV cocaine to snorting. It has not registered that mood altering drugs themselves activate the disease of chemical dependency. Extra controls may be employed. For example stopping alcohol and using Valium, or stopping cocaine in favour of prescriptions and alcohol. The person may try to stop some drugs in favour of others.

4. **Blaming**

"Yes, I use because of my job" or "because of you" or "I need something to help me relax" or "to help me get through". Comparisons are very common "yes, I use but I am not as bad as ....." The person now feels somewhat guilty and wishes to spread responsibility. Control behaviours include periods of self-imposed abstinence with a view to use at a later date. The mistaken belief is that they can somehow prove that control will return after abstinence. This proof of control is hard work and does not last over the long-term.

5. **Partial Acceptance**

"Yes, I use, and I will stop". The person now realizes that change is needed - however is reluctant to follow an organized program of recovery. Control behaviours include self-imposed abstinence but no change in lifestyle. "I will do it on my own". "It is all a question of willpower". The life style choices continue to demand the use of alcohol and drugs. There is short-term improvement assisted by abstinence that may occur, only to slowly give way to frustration and continued use.

6. **Full Acceptance**

"Yes, I use and I am responsible for my recovery". The person fully recognizes that lifestyle and psychological change is needed to secure abstinence. The decision is made to abstain permanently. At the same time a program of recovery is accepted and undertaken. Abstinence is long lasting. They learn about their illness to help them with changes in their thinking and lifestyle change. Sobriety is obtained with abstinence plus an attitude and lifestyle improvement.

\* This handout was written by Tom Shenton M.S.W. based on clinical experience with Chemical Dependent patients at Vancouver General Hospital, as well as discussion with Terence Gorski in 1995 and Chapter 3 of "Learning to Live Again", Miller, Gorski and Miller, Herald House/Independency Press, 1992.

**Vancouver General Hospital**  
**CHEMICAL DEPENDENCY RESOURCE TEAM**  
**PROGRAM GOALS AND OBJECTIVES**

1. Provide an interdisciplinary clinical service specializing in the assessment, intervention and referral of chemically dependent patients and their families to community treatment and resources.
2. Provide education and training programs to health care personnel in the identification, diagnosis and management of chemical dependency and related health care problems.
3. Ongoing development and implementation of the program to address the attitude/awareness, knowledge and skills of Health Care Professionals regarding chemical dependency.
4. Maintain and promote a clinical service in a tertiary care facility which addresses the diagnosis and management of chemical dependency problems.
5. Liaise with and promote positive professional relationships with existing community personnel both in the acute care hospital and post discharge regarding patient resources and outcome.
6. Engage in and be proactive in fostering QA activities and research projects pertinent to the field of chemical dependency.



## **CHEMICAL DEPENDENCY RESOURCE TEAM**

### **PHILOSOPHY**

Chemical dependency is believed to be a primary, progressive, chronic and fatal disease. Dependency exists when the use of the chemical(s) causes problems in the areas related to health, family, employment, and legal, and despite negative consequences, the use continues. Other indicators of dependence include loss of control, compulsion, and a change in tolerance. In due time chemically dependent persons suffer from the physical destructive use of the drugs. The toxicity of their disease creates a defensive lifestyle which causes a form of sincere delusion, which in turn, renders those affected to lose touch with reality and become incapable of spontaneous insight to seek remedial care.

Chemical dependency is a family disease where family members are co-dependent, and if not treated, become ineffective to help themselves or the chemically dependent individual. The co-dependents often become "enablers" of the disease process and require treatment as well.

There exists extensive misunderstanding of the magnitude of the problem and the harmful nature of chemical dependency. This misconception contributes to the incidence of the disease and its progression to more serious stages.

During a patient's stay at Vancouver General Hospital, the destructive course of their chemical dependency can be successfully intervened upon by the Chemical Dependency Resource Team. We believe the treatment for chemical dependency occurs in the community setting with the hospital service being the critical first step. It is believed that a supportive, non-judgmental approach coupled with education and appropriate community resource planning can save many lives and prevent much needless suffering.

We believe the effectiveness and the success of the Chemical Dependency Resource Team stems from its inter-disciplinary membership. The composite skills present from the disciplines of medicine, social work and nursing combine to deliver a strongly integrated service to the individual patient, family, professional staff and the community.

Empowerment of the greater numbers of health care professional through awareness, knowledge, and skills are the key ingredients to combat chemical dependency in the hospital setting.

**November 1991**

# *Philosophy for the Treatment of Patients with Substance Use at Vancouver Hospitals*

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## PURPOSE

The hospitals in Vancouver have committed to articulating the philosophy for the treatment of patients with substance use, particularly injection use. The goals of such treatment are to facilitate complete and adequate medical treatment of the patient's admitting diagnosis while also recognizing and addressing (assessing, educating about and planning for) the underlying substance use disorder. The hospitals further aim:

- to affirm their commitment to treat patients with respect and dignity,
- to provide optimal patient care for these patients throughout the hospital system,
- to support hospital and community health care providers in providing optimal services and care, and
- to develop a consistency in the philosophical and clinical approach to these patients.

## PHILOSOPHY

We believe:

- that substance use disorder has biological, psychological and social components for which effective treatment options are available,
- that all patients and staff will be treated with respect and dignity,
- that optimal hospital care includes recognizing and addressing substance use disorders including avoidance of unplanned withdrawal in hospital and provision of adequate pain management,
- that the social, mental health, emotional and health care needs of patients must be met through an interdisciplinary team approach,
- that all patients have the right to health information and should be made aware of the substance use treatment options, in a non-judgmental manner, including the effects of refusing or delaying treatment, and when applicable, access to information regarding reproductive risk and choices,
- that a harm reduction approach, encompassing the continuum of options from abstinence through substance use management, addresses social and medical aspects directed to reducing drug related harms to patients and the community as a whole,
- that patient should be advised to stop use of street and other non-prescribed drugs while in hospital to minimize diagnostic dilemmas and treatment complications,
- that the patient's decision regarding accepting or declining treatment should be treated respectfully, and
- that the patient is ultimately accountable for decisions about themselves and should be encouraged to participate in their care plan.